

**Edible Education Community of Practice #1**  
**March 10, 2021 @ 9PST/12EST**

**Meeting Notes and Links**

Click here for [the English slides](#)

Click here for [the French slides](#) (see the speaking notes for the french translation of what was spoken during the presentation)

**1. Welcome & Land Acknowledgement**

**2. Introducing the Community of Practice**

- a. [See the English presentation recording here](#) (10 min)

**3. Breakout Groups - Icebreaker & Networking**

- a. In small groups, participants had 20 minutes to introduce themselves and discuss the following questions:
  - i. Why did you join the CoP? What is one thing you'd like to learn or contribute?
  - ii. What inspiring Edible Education initiatives are happening in your region?
  - iii. What are your program plans for the Spring?
- b. See [the jamboard](#) for notes from these conversations (English, except group 4 in French)

**4. CoP Values and Principles**

- a. We shared [F2CC values and principles](#) as an example.
- b. Back in their small groups, participants had 15 minutes to discuss the values and principles that they would like to see this Community of Practice embody.
- c. See [the jamboard](#) for notes from our breakout groups. Key values/ principles that were identified during our breakout group conversations included:
  - i. **Accessibility, Inclusivity**, e.g.:
    - providing a safe and accessible space for everyone
    - providing multiple ways to connect
    - valuing different perspectives
    - inclusive of people in different disciplines across different scales of this work
    - inclusive of different languages
  - ii. **Equity, Food Justice, Decolonization**, e.g.:
    - listening for and uplifting voices that aren't often heard
    - using our platforms of power, voices, connection to support and advocate for others, for land, for equitable relations, understandings and expressions with food
    - Decolonizing the food system, unpacking white privilege
    - Good food for all - including convo around "good" and "all"
  - iii. **Collaboration, Cooperation, Connection**, e.g.:

- Sharing lenses of understanding food and food systems through cooperation
- Bridging people in different disciplines and scales of this work
- Collective impact work
- Prioritize connection and relationship building

iv. **Open-mindedness, Curiosity, Respect for other ideas**, e.g.:

- Open-mindedness with respect to opinions, ideas, methodologies and actions that are used to support initiatives
- Having courageous conversations around how food literacy is seen
- Leave assumption about communities/schools/student need aside (as best we can)

v. **Ecocentrism, Connection to Land**, e.g.:

- Land is our foundation and a key element to all our work. Acknowledging the land
- Humans are part of the system - not above it all - we are responsible to future generations
- Think about the health of humans but also about the health of the planet, the soil, etc. (= sustainable, eco-responsible, local food)

vi. **Celebration & Joy**

vii. **Health-promoting, body positive**, e.g.:

- overall providing health and wellness education for all children
- Destigmatize weight and support positive body image
- Food and bodies are morally neutral. Avoid “good” and “bad” talk

viii. **Evidence-based**

ix. **Sustainability, Sovereignty, Resiliency**, e.g.:

- Green economy links to food programming - diversifying revenue streams
- Circular food system
- Food and youth empower new economies around sovereignty

**5. Great Big Crunch activity**

a. Not recorded, see these links for more information:

- i. [www.healthyschoolfood.ca/great-big-crunch](http://www.healthyschoolfood.ca/great-big-crunch)
- ii. [www.foodshare.net/program/crunch/](http://www.foodshare.net/program/crunch/)

b. The activity we did was called “sensory exploration” from the [2020 GBC toolkit](#)

**6. Wrap up & Closing: What excited you/was most valuable about our conversations today?**

- a. We heard enthusiasm about being around like-minded and inspiring people, sharing ideas and collaborating with colleagues across Canada, hearing new perspectives and meeting new people, learning about initiatives happening across the country, and more!

## **Announcements & Resources**

1. <https://www.sgsonetwork.org/webinars/> - Sustainable Practices for School Gardens Support Organizations -- the first webinar is today, with Vanessa Sparrow (Powell River, BC) and Robin Jenkinson (Salt Spring Island, BC) representing Canada. So many interesting groups and findings will be shared about this North American 2021 SGSO Leadership Institute week-long workshop exploring these topics.
2. Here is a great list of resources for body image <http://jessieslegacy.com/resources-and-information/>
3. Related to body image, and reducing risk of disordered eating while promoting healthy living--some good resources from Kelty Mental Health <https://keltymentalhealth.ca/healthyliving> and <https://keltyeatingdisorders.ca/wp-content/uploads/2016/06/Understanding-Eating-Disorders-in-Schools.pdf> (as well as Jessie's Legacy)
4. Body positivity workshop from FoodShare: <https://www.youtube.com/watch?v=iTCP3lkheJg> ; And lesson plans: <https://foodshare.net/about/food-justice/>